

• Day's Activities include •

- 8:00 am** Music, entertainment and free screenings in front of the Grandstand
- 8:40 am** Warm-up exercises
- 8:50 am** Opening remarks by Mrs. Daniels
- 9:00 am** Walk begins around the outside of the State Fair Track of Champions
- 9:30 am** Walk concludes in front of the Grandstand under the red balloon arch
- Door Prize Winners announced
- Light breakfast available for participants

AFTER THE WALK BE SURE TO STAY AND ENJOY ALL THE FUN THE STATE FAIR HAS TO OFFER!

• Other Fun Fair Activities •

- All Day** Clog Fest - Clarian Dance for Health Stage
- 9 am-3 pm** Traditional Arts Indiana State Fair Fiddle Contest - Farm Bureau Insurance Celebration Park/WFMS Free Stage
- 9 am-6 pm** Free health screenings and active lifestyle exhibits - Clarian Healthy Lifestyles Pavilion
- 1 & 7:30 pm** PRCA Rodeo - Grandstand



 **Clarian Cardiovascular**

Mary, heart failure survivor

Fatigue and shortness of breath are often experienced months before a heart attack. Unfortunately, these early symptoms are usually mistaken as signs of stress or growing older. Take a free, 7-minute cardiovascular risk assessment at ACallToChange.org to find out what your body is trying to tell you.

A woman with short grey hair, wearing a white visor and a white polo shirt with a colorful floral pattern, is walking outdoors. She is looking towards the right. Another person is partially visible next to her.

ACallToChange.org

It's called an "attack," but symptoms sneak up slowly.

 **Clarian Cardiovascular**

FIRST LADY CHERI DANIELS' Heartland WALK FOR HEALTH



presented by **Clarian Cardiovascular**

— ★ ★ ★ —
AUGUST 11, 2007
Indiana State Fair
— ★ ★ ★ —



Heart ² TO Heart



Please join me on Saturday, August 11, 2007 for the Heartland Walk for Health presented by Clarian Cardiovascular at the Indiana State Fair. Together we can help raise awareness that

heart disease is the number one killer of women. Take a two-mile stroll with me around the Fairgrounds to prepare you for all the fun you will enjoy throughout the day!

Cheri Daniels

Cheri Daniels
First Lady of Indiana



www.hearttoheart.in.gov

TO REGISTER online:

Go to **www.kenlongassoc.com**

Click on the "Heart to Heart" logo and follow instructions.

ALL PARTICIPANTS will receive:

- Commemorative T-Shirt
- State Fair participation ribbon
- Bottled water
- Pedometer courtesy of Novartis
- State Fair "goodie bag"

* A registration fee of \$7 will be charged to include gate admission to the Indiana State Fair. Tickets will be mailed directly to participants. Walk ups will be accepted.



TO REGISTER BY MAIL

First Lady Cheri Daniels' Heartland Walk for Health presented by Clarian Cardiovascular

Name: _____

Address: _____ County: _____

City: _____ State: _____ Zip: _____

Phone: (work) _____ (cell) _____ (home) _____

E-mail address: _____

Emergency Contact: _____

Phone: (work) _____ (cell) _____ (home) _____

_____ I will participate in the Heartland Walk for Health, so I need ____ Fair tickets for admission.

Number of Fair tickets at \$7 each _____ = \$ _____ **Mail by Aug. 6!**

Total: \$ _____

Mail registration form by Aug. 6 along with your check or credit card information to:

**First Lady Cheri Daniels' Heartland Walk for Health presented by Clarian Cardiovascular •
c/o: Ken Long & Associates • 994 North Combs Road • Greenwood, Indiana 46143 • (317) 884-4001**

Make check payable to: Ken Long & Associates

Credit Card Information

Circle one: **American Express** **MasterCard** **Visa**

Card Number _____ Exp. Date _____

Card Holder _____

Signature _____

Following receipt of your check or credit card information you will receive walk details and your State Fair admission ticket(s) on or before August 8th.

Would you like to receive heart health information for women by e-mail? ____ Yes ____ No